

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

1
R 884 F1
U. S. DEPT. OF
AGRICULTURE



U. S. FOOD
ADMINISTRATION

USE MORE FISH

FISH IN PLACE OF MEAT—REAL FOOD CONSERVATION

TO produce meat you have to feed corn or other valuable grain to the cattle, sheep, or hogs. The seas, lakes, and rivers offer quantities of fish that live on food which is of no use to man, so when you eat fish you save meat and save grain, both of which your Government asks you to conserve.

FISH IS GOOD NUTRITIOUS FOOD.

Fish, like meat, is a food rich in protein, and you will be just as well nourished if you eat it instead of meat. Most other nations have recognized this and use more fish and less meat than we. Learn attractive ways of serving it and use it often. Use fresh, dried, smoked, salt, and canned fish—whichever is most convenient. Try new varieties. There are many good fish almost unknown to us now, that would be available if there were a market for them. The sable fish of the Pacific coast, and the tilefish of the Atlantic are varieties that people are just beginning to use.

PUT TWO FRIDAYS IN EVERY WEEK.

If fresh fish is not available in your locality more than once a week, a little community effort will bring it to your market when you want it. If 20 or 30 families decide upon an extra fish day the dealer will cooperate and have fish for sale.



HOW TO SELECT A FRESH FISH.

When possible, go to market and select the fish yourself. You can tell a fresh fish by full bright eyes, bright red gills, firm flesh, and fresh odor. Be sure that the flesh along the back bone smells fresh. It spoils first there. Don't buy fish that has been thawed out several days before its sale, for it spoils quickly after thawing. If frozen, fish will keep in good condition for months. Buy it frozen and let it thaw in a cool place, then cook it immediately.

ADD DIFFERENT FISH TO THE FAMILY DIET. FRESH FISH.

You should be able to get these in season in your locality:

New England.—Alewife, cod, cusk, flounder, goosfish, grayfish, haddock, hake, halibut, herring, mackerel, mullet, pollock, salmon, scup, sea trout, shad, smelt, squeteague, sword fish, tilefish, whiting.

Middle Atlantic.—Alewife, bass, bluefish, butterfish, carp, catfish, cod, flounder, goosfish, halibut, mackerel, perch, rock, salmon, shad, smelt, spot, tilefish, weakfish, whiting.

South Atlantic.—Alewife, bass, bluefish, carp, catfish, drumfish, mullet, perch, shad, Spanish mackerel, spot, squeteague.

Pacific Coast.—Barracuda, bass, flounder, grayfish, halibut, herring, pike, rockfish, sable fish, salmon, smelt, trout.

Mississippi Valley.—Black bass, bowfin, buffalo, burbot, carp, catfish, crappie, drumfish, pike, red snapper, rock bass, sturgeon, sucker.

Great Lakes.—Bass, bowfin, burbot, carp, catfish, drumfish, lake herring, lake trout, perch, pike, sturgeon.

Gulf.—Barracuda, buffalo, carp, catfish, croaker, drumfish, mullet, Spanish mackerel, squeteague, sturgeon.

SALT, SMOKED, AND CANNED FISH.

These may be had the year round and deserve to be used more extensively. Ask your grocer if he has these kinds for sale:

Dried Salt Fish.—Barracuda, burbot, channel bass, cod, haddock, hake, pollock, shark, whiting.

Brine Salted Fish.—Herring, mackerel, mullet, sable fish, salmon, shad.

Smoked Fish.—Carp, catfish, eel, finnan haddie, hake, halibut, lake trout, pollock, salmon, sturgeon, whitefish.

Canned Fish.—Cod, grayfish, haddock, herring, mackerel, salmon, sardine, tuna fish.

Send to the Bureau of Fisheries, Washington, D. C., for Economic Circular No. 29, which gives sixty-one ways of cooking salt and smoked fish.

SIMPLE WAYS OF COOKING FISH.

Broiled Fish.—Broiling over coals or under the gas flame until brown is a favorite way of preparing the smaller fish. Fresh fish of one to two pounds size, or smoked fish, such as finnan haddie, bowfin, or white fish, are delicious served in this way.

Wash fish, split, season, dot with fat, place on greased broiler, and broil until the flakes can be easily separated. If a gas broiler is used, place the rack several inches below the flame and brown. Sliced lemon makes an attractive garnish and gives additional flavor.

Boiled Fish.—Boiled fish is easily prepared, and, when served with a well-seasoned sauce, is delicious. Cook whole or, if too large, cut in pieces. Cover with boiling salted water, but do not allow it to boil rapidly, as hard boiling breaks the fish. Cook for 10 minutes per pound. Strong-flavored fish, such as carp, is improved by adding a half cup of vinegar to the cooking water.

Baked Fish.—Use the whole fish or a piece from the middle of a large one. If desired, stuff with mashed potatoes, cooked rice, or Victory bread well seasoned. Cut gashes down the back and insert strips of salt pork or dot with fat. Dredge with fine corn meal, place in a baking pan and cook till tender, allowing 10 or 12 minutes a pound. Sometimes fish is baked in a tomato sauce or in milk enough to cover the bottom of the pan.

Fried Fish uses fat which we are asked to conserve. Try the other ways of cooking fish.

Sauces to Serve with Fish.—To make *white sauce* melt 2 tablespoons fat, add $1\frac{1}{2}$ tablespoons cornstarch and 1 teaspoon salt, and blend well. Add 2 cups cold milk and stir over the fire until the mixture thickens. Cook about 10 minutes over hot water. Use this sauce as the basis for creamed or scalloped fish dishes. To make *lemon sauce* add 2 tablespoons of lemon juice to white sauce just before taking from the fire. For *egg sauce* add a chopped hard-boiled egg to white sauce before serving. *Tomato sauce* is made just as the white sauce, using strained tomato in place of milk. Mixed with shredded smoked fish it is delicious when served hot on toasted Victory bread.

TO EXTEND THE FLAVOR OF FISH.

Strong-flavored fish may be made more palatable by combining them with a large amount of mild-flavored material. The next recipes do this successfully.

SCALLOPED FISH.

$1\frac{1}{2}$ cups fish.

1 cup white sauce.

$1\frac{1}{2}$ cups cooked rice or riced potatoes.

Use canned, dried, salt, or left-over fresh fish. If dried fish is used, soak first. Shred the fish and arrange in alternate layers with rice or potatoes and white sauce. Sprinkle with bread crumbs and bake.

U. S. DEPT. OF
AGRICULTURE



U. S. FOOD
ADMINISTRATION

FISH LOAF.

- | | |
|---|-------------------------------------|
| 1 cup shredded fish (smoked, salt or canned). | 1 egg. |
| 6 potatoes, boiled and riced. | $\frac{1}{4}$ cup milk. |
| 2 cups cooked rice or fine hominy. | $\frac{1}{2}$ teaspoon celery salt. |
| | $\frac{1}{2}$ teaspoon salt. |

Form into loaf and bake 20 minutes. Serve with a sauce.

FISH TIMBALES.

Very attractive and delicious served with an acid sauce.

- | | |
|--|---------------------------------|
| 1 cup salmon, tuna, or gray fish. | $\frac{1}{2}$ teaspoon salt. |
| 1 cup softened Victory bread crumbs. | $\frac{1}{8}$ teaspoon paprika. |
| | 1 egg. |
| 1 cup mashed potatoes, cooked rice, or hominy. | $\frac{1}{4}$ cup milk. |

Mix ingredients in order given. Pour into small buttered molds, place on rack in pan, and surround with hot water. Cover and bake until mixture is firm. Turn from the molds and serve with a sauce.

THE SMALL AMOUNT OFTEN LEFT OVER.

You can use left-over fish to make a fish mold, which is especially good served on a lettuce leaf with salad dressing.

FISH MOLD.

- | | |
|--|-------------------------------|
| 1 egg. | $\frac{1}{3}$ teaspoon sugar. |
| 2 tablespoons vinegar. | 1 tablespoon gelatin. |
| $1\frac{1}{2}$ tablespoons cold water. | $\frac{1}{4}$ cup cold water. |
| $\frac{1}{2}$ teaspoon salt. | 1 cup minced fish. |
| $\frac{1}{4}$ teaspoon celery seed. | |

Beat eggs until light, add seasonings, water, and vinegar, and beat thoroughly. Cook over boiling water until thickened. Soften one tablespoon of gelatin in $\frac{1}{4}$ cup cold water and dissolve by placing over hot water. Add dissolved gelatin and 1 cup of left-over fish to the dressing given above. Mold in individual cups or one large mold.

USE THE FISH—SHIP THE MEAT.

